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MARICOPA COUNTY OFFERS MOST COMPREHENSIVE SMOKE-FREE RESTAURANT GUIDE

List now includes Cave Creek and Carefree restaurants

(Phoenix, AZ) Valley residents can enjoy a smoke-free dining experience at 20 more restaurants, which have been added to the smoke-free restaurant list on the Maricopa County Tobacco Use Prevention Program's (MACTUPP) website (www.mactupp.org). The restaurant list now includes the cities of Cave Creek and Carefree, bringing the total number of cities listed to eleven.

"More restaurants are becoming smoke-free to meet the needs of their customers. Secondhand smoke can irritate the lungs, leading to coughing, excess phlegm, chest discomfort, and reduced lung function," said Debbie Reynolds, secondhand smoke team leader for MACTUPP.

Almost 900 Valley restaurants are included in the comprehensive list, not including the cities that are completely smoke-free. MACTUPP is constantly updating the website with new cities and new restaurants in order to accommodate the growing concern with secondhand smoke in restaurants.

The site also features the following:

- Information on tobacco prevention programs for schools and children
- Tips and resources for quitting tobacco
- List of community events
- Information for businesses interested in going smoke-free
- Links to tobacco-related websites

About Maricopa County Tobacco Use Prevention Program (MACTUPP)

MACTUPP provides leadership, education and support to all residents, communities and businesses to create tobacco-free environments. MACTUPP offers free smoking cessation classes at 30 locations throughout the valley where participants learn techniques to help them quit, receive support needed to be successful and also receive 50% off nicotine replacement therapy. For more information, please call **602-372-7272** or visit our website at **www.mactupp.org**.

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